



FASHION'S NEW BFF

How a personal shopper can help tackle bulges, blindspots, budgets and boredom

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A banquet on your doorstep

Meals without the food miles **P56**



The key to romance

Supercar owners need love too **P7**



Calm down

How to avoid the perils of stress **P53**



SILVER DREAM MACHINE

University of East London student Adam Gemili reacts with disbelief after he wins a surprise silver in the men's 100m final at the Commonwealth Games in Glasgow on Monday. **Sport / Page 64**

The second Royal Docks revolution

- Plans for the £3.5billion Silvertown Quays regeneration have been submitted.
- The 62-acre site would see 3,000 homes and create 21,000 jobs.
- Meanwhile, developers are pushing ahead with a Floating Village and an Asian business park has received the go-head.
- All three schemes are centred on the Royal Docks.

£3.5bn Silvertown Quays adds to regeneration push **P4-5**

SPECIAL FOCUS Canary Wharf Group signals ambitions with new brand mark and outlook **P6**



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WEATHER

26C TODAY
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25C FRIDAY
Partly cloudy

23C SATURDAY
Light rain

24C SUNDAY
Mostly sunny

24C MONDAY
Partly cloudy

TRAVEL

TUBE & DLR

DLR is fine. Jubilee line is closed from Finchley Road and Waterloo until 11am on Sunday. London Overground is shut from Surrey Quays and Clapham Junction on Sunday until 8.30am.

ROADS

Various road closures from Excel to central London due to the London Triathlon on Sunday. Go to tfl.gov.uk for details.

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CONTACT US

The Wharf
Trinity Mirror
22nd Floor
One Canada Square
Canary Wharf
LONDON E14 5AP

email newsdesk@wharf.co.uk
editorial 020 7510 6306
advertising 020 7510 6055
web wharf.co.uk

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Agenda

Social euphoria is more like boasting

A happiness epidemic is spreading like mould over social media. Twitter and Instagram have the #100happydays initiative, where participants post a photo of something that made them happy every day for 100 days.

Mine would just be a shot of Dairy Milk. Over and over. Facebook has a similar enterprise set up by Action For Happiness.

Partakers list three things that are good in their lives for five days on the site. Ditto with me and chocolate.

The websites for both movements report contributors feel happier. That's nice. I've no problem with

BLONDE'S EYE VIEW



ANGELA CLARKE

people taking time to draw up joyful lists. What I don't understand is why they have to share it?

What part of listing things you're thankful for makes you even more thankful if you let 456 followers see it?

Posting happy lists online makes it less a charming exercise in gratitude and self-awareness and more like boasting.

I'm sure uploading a photo of the yacht you're spending summer on does make you happy. Trying to incite jealousy shouldn't.

Besides, a litany of jammy experiences has made my timeline so dull

I'm considering doing some work to distract me from social media.

And what if you aren't happy every day? If all your family are killed in a freak accident involving a Boris Bike and the Organic Chickpea van, do you still have to post?

Worse still is the outpouring of soppy sentiments on Facebook as people gush how grateful they are for their lovely wuvvy snooky pooky dribble bums three times a day.

Saccharine sentiments have rendered the site a mawkish Hallmark Card. Keep me happy - keep it to yourself.

Follow Angela on Twitter:

@TheAngelaClarke

London Eye



REUTERS

A woman enjoys the sunshine in Hyde Park on Sunday

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Health

Need to feel good? It's a walk in the park



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Sssh! This secret island demands a certain hush

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We talk to a chef heading to Wapping's Feast



Corrections & Clarifications

At The Wharf, we pride ourselves in journalism that is honest, accurate and fair.

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Write to The Wharf, Trinity Mirror, One Canada Square, Canary Wharf, London E14 5AP.

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London gallery

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Zoe Smith of Greenwich celebrates after winning the gold medal in the women's 58kg weightlifting competition at the 2014 Commonwealth Games in Glasgow
Sport / Page 64



REUTERS

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IMAGE OF THE WEEK



Yeoman Serjeant Bob Loughlin admires a section of an installation entitled *Blood Swept Lands And Seas Of Red* by artist Paul Cummins, made up of 888,246 ceramic poppies in the moat of the Tower of London, to commemorate the First World War. The display is due to be completed by Armistice Day on November 11 and each poppy, representing an Allied casualty, will then be sold for £25.

GETTY

NEWS IN BRIEF

Around Tower Hamlets

£4m set aside for hacking claims

CANARY WHARF Trinity Mirror has set aside £4million to deal with civil claims over outstanding phone-hacking allegations.

The Wharf-based publisher – owner of *The Wharf* – said it was co-operating with Operation Elveden and Operation Golding. TM said adjusted profits fell 2.2% to £48.2million but pointed to healthy digital revenues and increased investment.

Chief executive Simon Fox said: "The group continues to make good progress with the delivery of our strategic initiatives as clearly demonstrated in the performance for the first half of 2014."

Triathlon brings road disruption

EAST LONDON The London Triathlon takes place this weekend, with the Excel centre of the action.

Authorities are urging people to check their journey as the race will involve the closure of a number of roads, especially around the Royal Docks.

The world's biggest triathlon will see 13,000 swim in the waters of the dock.

Election review cleared

COURT

Rob.Virtue
@wharf.co.uk

A HIGH Court inquiry into the election of Tower Hamlets mayor Lutfur Rahman is looming after he failed in a bid to block the action.

Four of the borough's residents claim election fraud was committed in May's vote – allegations which Mr Rahman said had "no evidence".

However, the petitioners say they were vindicated by the judges' backing and accused

the mayor and the election's returning officer John Williams of squandering money on the unsuccessful appeal.

Petitioner Andy Erlam said: "Disgracefully, £50,000 was wasted today by the mayor and returning officer trying unsuccessfully to get the petition thrown out. The judges firmly rejected their ploy.

"A selfish clique has taken over the political machine in Tower Hamlets and the petitioners are determined to make them accountable."

The High Court judges have given the petitioners until

August 18 to develop stronger evidence. The petitioners have appealed for more statements from witnesses and money.

Following the decision Mr Rahman said: "There is simply no evidence to substantiate that the elections results were due to fraud and intimidation.

"It is clear these complaints are generated by disgruntled candidates who lost and the court has recognised this by not granting them a protected costs order.

"I am confident these claims will be exposed for the smears that they are."

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Royal Docks special

Council clears ABP to create business zone

ALBERT DOCK

PLANS to transform Royal Albert Dock into an Asian business district have been approved by Newham Council.

The development will bring £6 billion of investment to the East End and the UK and create 20,000 jobs.

The 35-acre scheme, from Chinese developer ABP and UK development manager Stanhope, will include 4.7million sq ft of office space for Asian businesses.

There will also be residential and retail units, 1km of waterfront, eight public squares and a dockside promenade.

Chairman of ABP Xu Weiping, said: "ABP's £1billion scheme will transform this derelict site into London's next business district and bring significant social and economic benefits.

"We have seen high demand from China and the Far East and hope to complete the first phase by 2018."

Rachel Bishop

Another cornerstone in Dockland regeneration

SILVERTOWN



The £3.5bn plans for Silvertown Quays have been unveiled, writes **Jon Massey**



Artist's impressions of the Silvertown Quays and how it has transformed the Docklands landscape

Plans to transform Silvertown Quays by bringing in businesses and brands and building 3,000 new homes have been unveiled.

The £3.5billion redevelopment of the 62-acre derelict Royal Docks site will see 21,000 jobs created as well as a bridge built to connect the area with Crossrail's Custom House station.

Sir Stuart Lipton, of The Silvertown Partnership, which is behind the scheme, said: "Our vision for Silvertown Quays will create a new piece of our city with entrepreneurship, innovation and knowledge economies at its heart.

"The development represents the next wave of change in the East



How do you view this ambitious proposal?

"The development represents the next wave of change in the East End and the momentum behind it is building."



End and the momentum behind it is building.

"We look forward to continuing to work in partnership with the GLA, Newham and the residents and businesses to create this exciting new piece of the capital."

The partnership said the plans would see the area attract 13million visitors each year, contributing around £260million to London's economy.

As part of the 7million sq ft scheme, brand pavilions, cafes, restaurants, commercial and community buildings will be created and some restoration of structures will take place including the Millennium Mills building.

Deputy mayor for housing, land and property, Richard Blakeway, said: "The transformation of Silvertown Quays



is part of a huge drive from Mayor of London Boris Johnson to kick-start development on publicly owned sites across the capital.

"This exciting redevelopment will help rejuvenate the area with thousands of new homes and jobs, and make London's Docklands a must-go visitor destination for future generations."

Submission of the plans follows a period of consultation which, according to the partnership, saw nine out of 10 residents in favour of regenerating the site.

The developer hopes the plans will come before Newham Council before the end of the year.

Go to silvertownlondon.com.

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Mayor hits out at 'elite' village on the waters

VICTORIA DOCK

Rob.Virtue
@wharf.co.uk

PLANS to bring a floating village to the Royal Docks have been criticised by Newham's mayor over its lack of affordable housing.

The project is being pushed forward by Boris Johnson and on Tuesday the Mayor of London selected a consortium to take on the idea. A joint venture by Carillion-Igloo and Genesis was named as the preferred bidder. The partnership has been asked to submit a planning application by spring 2015.

But Newham Mayor Sir Robin Wales said the plans failed to offer sufficient affordable housing or jobs for Newham residents.

"The current plans do not meet our vision or the Greater London Authority's London Plan," he said.

"Newham Council cannot, and will not, accept a development consisting purely of luxury apartments which will be out of reach of the majority of our residents.

"I want to know where any money from the sale of the site will be used as this should rightly be spent in Newham.

"The GLA and Carillion Igloo Genesis need to look again at



Artist's impression of how the Floating Village could look

their plans and ensure that there is sufficient affordable housing provided by the scheme and a range of other amenities to serve the existing community as well as any new residents."

The first phase of the two-phase project will see 50 homes built.

London deputy mayor Richard Blakeway told *Construction News*: "The design will have a very strong connection to the dock edge, with a number of entrances and exits and it's framed around a square, so you end up with a floating street pattern, which is not dissimilar from the very familiar Georgian squares in parts of London."



Stories give context to lofty views

TRANSPORT

Beth.Allcock
@wharf.co.uk

STORIES of east Londoners and their heritage can be heard high above the Thames.

The Emirates Air Line now has an in-cabin feature tour introduced by BBC presenter Simon Reeves.

The Londoner penned and recorded the voiceover which is broadcast to a backdrop of the Greenwich Peninsula, Docklands, Canary Wharf and the Queen Elizabeth Olympic Park.

Figures from Canary Wharf Group, the Museum of London Docklands, Parkour Generations, the ABP and others, share snippets and memories.

Danny Price, head of the Emirates Air Line, said: "People were so passionate. We wanted them to tell their story of their particular part of the world and the idea was to bring as much conversation as possible.

"Many customers enjoyed the fantastic views – they knew there was a fantastic amount of history there but they had to go to five or six places to understand what the locations were about."

Go to emiratesairline.co.uk.



Danny Price





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Business

This symbolises a new chapter in our history

BRAND

Logo brings together all strands of CWG's expanding interests

Beth Allcock
@wharf.co.uk

The next chapter of Canary Wharf Group's 27-year story has been heralded with a brand makeover.

A new logo – produced in collaboration with creative consultants Sutton Young – was unveiled last week alongside an evolution of the vision for the business.

The change coincides with Canary Wharf Group's increasing diversification into the creative and tech sectors as well as residential.

Wood Wharf and new residential tower Newfoundland will add to its portfolio of roles as a developer for office, retail and leisure space.

Sir George Iacobescu, CEO and chairman of Canary Wharf Group, said the change was a milestone.

He said: "This marks a new era for Canary Wharf Group, symbolising the



Sir George Iacobescu, above, and Camille Waxer, inset



group's evolution as a diversified developer.

"Coupled with our renowned commercial offering and unique retail proposition, we are truly in the business of creating sustainable London communities."

"Canary Wharf is the original smart city and we are working towards building a smart city of the future."

As well as moving into the residential sector, CWG's portfolio includes Europe's largest FinTech space Level39 in One Canada Square,

the recent expansion of Jubilee Place Mall and the Canary Wharf Crossrail station.

The company is also undertaking the redevelopment of the Shell Centre on the South Bank combining office, retail and residential space and the "Walkie Talkie" tower at 20 Fenchurch Street.

Camille Waxer, chief administrative officer for Canary Wharf Group, said the purpose of the re-brand was two-fold.

As well as being created to specifically embody a "timeless, modern and luxury feel" and reflect excellence, care and integrity, she said it was also a way of unifying the company.

"It's about all of the different businesses within Canary Wharf Group coming together under one mother ship," she said.

"We had different brands and different areas of the company and now we are one brand."

"I have been wanting to do this for a while, but it had to be the right time."

The branding will make its mark on everything from the CWG website, corporate gifts and lift information panels to company letterheads and business cards.

Camille said: "It's done in a way that is gentle but strong. It's right and it's understated."

Go to canarywharf.com.

Q&A

Michael Sutton & Camille Waxer

Beth Allcock spoke to Michael Sutton, pictured, of London-based creative consultants Sutton Young, which worked to create the new branding and Camille Waxer, chief administrative officer of Canary Wharf Group

■ How did you start when creating the new branding?

MS: We were already working with a fantastic brand. And all we were trying to do was create a unique mark that had to be timeless.

CW: We knew we wanted to create a logo that over time would assert we are Canary Wharf across the world. This new logo is that – it's a symbol.

■ How long did it take?

MS: We started at the end of September. We must have drawn thousands of very much the same sort of logo, so it was just a whittling down process and trying to simplify our design for the brand.

CW: We needed that exclusivity. A font that is exactly what Canary Wharf is about – quality.

■ And they're the Canary Wharf towers, aren't they?

CW: We spoke to lots of designers and everyone came back with the towers in their proposal. It's what Canary Wharf is known for – the main



BRAND DETAILS

Colours: Yellow, silver and gold.

Where are they used? Gold for the Canary Wharf Group and development arm, silver for management and facilities management and yellow for contractor logos.

What font? Gotham and Arial, as a primary and secondary type facing.

Where used? Gotham used in headlines and text, print material, and the Canary Wharf Group website, with Arial in letters, internal documents and emails.

tower and the other two tall towers as well.

■ And the three colours?

MS: They are colours people naturally associate with quality. Having said that, getting the right gold is really difficult. You don't want it too gaudy or too yellow you almost want it to be a white gold, so there was a lot to consider.

■ How was it to be working on such a prestigious project?

MS: It's been fantastic. If you were at college doing art or graphics degree courses it would be a dream. Everyone in our company has been excited by it.



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REUTERS



HAVING A BALL

A large model of a Gilbert rugby ball goes on display at Reuters Plaza to promote the Rugby World Cup which runs from September 18 next year. England will host the event with some matches taking place at the Olympic Stadium in Stratford.

Turbo-charged love with super date site

PEOPLE

Rachel Bishop
@wharf.co.uk

SUPERCAR owners and those that admire their lifestyle can now be brought together in a new online dating site Supercardating.com.

Canary Wharf resident Sangeeth Segaram created the site after he found his lifestyle as a property developer and entrepreneur made it hard to date conventionally.

He said: "I spoke to many female colleagues about online dating and the general consensus was that lots of men pretend to be wealthy."

"Carrying property deeds and bank statements on first dates is cumbersome, so I conceived the idea that performance car ownership would provide a glimpse of a date's wealth."

"Supercardating.com enables efficient dating between supercar owners and companions that share a passion for the supercar



Sangeeth Segaram conceived the supercar dating site

lifestyle, such as Michelin dining, jet set holidays and high octane experiences."

The selection process for supercar owners is stricter than for the dates, but Sangeeth says no-one will be judged by their appearance.

He denied the site was for people who were focussed purely on wealth and said there was more to making a connection than money.

He said: "Beyond the first 10-15 minutes of a supercar date, the chemistry is down to the humour, charisma and

personality of the dates – owning a V12 engine isn't an antidote."

"No-one needs to date a supercar owner, but it's a question of whether you would like to try something that's different. It's whatever happens on the date that counts."

The owner of a Lamborghini Murcielago LP-640 Roadster himself, Sangeeth is in a long-term relationship with a partner he met through mutual friends.

Go to supercardating.com.

PM welcomes Aberdeen link

TRANSPORT

Rob Virtue
@wharf.co.uk

FLYBE has announced plans to launch flights from London City to Aberdeen, drawing praise from David Cameron.

The Prime Minister welcomed the safeguarding of the "vital route" which is being dropped by British Airways.

BA's withdrawal was raised in Parliament prompting Mr Cameron's intervention.

He said: "I welcome the

announcement that Flybe will introduce daily flights from Aberdeen to London City – a vital route that helps support the north-south economy."

"Keeping our cities connected is part of our long-term economic plan to encourage investment and promote growth."

Flybe will begin the twice-daily service in October with flights starting at £49.99 each way.

It takes the number of routes Flybe is bringing to

City Airport to six when it begins its operations there on October 27.

Aurigny has announced that it will be launching a route to Guernsey from London City in the autumn.

Aurigny CEO Mark Darby said: "Guernsey relies heavily on its links with London both for business opportunities and to link up with colleagues on island or in the City."

Fares will start at £89 each way with two return flights each day.

arts & events
CANARY WHARF

AUGUST 2014 PROGRAMME OF EVENTS

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BRING THE VIBE

Notebook

Monster mothers steal their daughters' innocent fun

I am so glad that I do not have a daughter. I am not gynophobic and I do not advocate the Little Emperor Syndrome either. But I do thank the heavens that I was blessed with Master A and not Little Miss B.

I was glued to Chanel 5's *Blinging Up Baby* on Monday watching little girls being primped and preened, transformed from naturally pretty tots into vampish Vegas showgirls all because their mothers want them to "stand out".

Their ambitions were fulfilled – but for all the wrong reasons.

One mum, single parent Sophie-May from Canvey Island, allowed her four-year-old daughter Princess to have a spray tan, the pale skin of her little princess turning a muddy shade of brown.

The tot proudly showed off her tan line. In truth, it looked like she had been rolling around in the dirt. Master A often achieves a similar patina but I don't have to pay for the privilege.

Another scene had the Essex mum and mini me, dressed in matching Juicy Couture tracksuits and Ugg boots, having

WORKING MUM



TABITHA RONSON

a manicure together at the local nail bar; Sophie-May announcing that her girl had her first pedicure at nine months old.

We also met unemployed mum Lianne, from Portsmouth, who is a fan of the American-style Teeny Miss Pageants, pushing her daughters, Bessie-Sue, six, and four-year-old Scarlet to perform on request.

Coming second is not an option for the girls because in Lianne's eyes that's simply "first place loser". So driven to ensure her little ones stand out, at one pageant she dressed her four-year-old in

a Hooters style costume, tight white tee and orange hotpants, and whooped as the girl performed an "athletic" routine.

Other little madams featured in the programme will not set foot outside their home without false nails and eyelashes, hair extensions and designer clothing, shoes and accessories.

Whatever happened to simply playing with a Sindy doll.

Working Mum, fast-forwarding 10 years from now, fearing the type of high-maintenance diva who will be on the arm of Master A.

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Sydney FC's Nikola Petkovic, right, fights for possession with West Ham's Mauro Zarate

EXTRA MILE

★ West Ham have gone the extra mile in their preparations for the new Premier League season.

Sam Allardyce's boys have clocked up an impressive 23,515 miles courtesy of a trip to New Zealand to lose to a succession of no-name Down Unders. Only Newcastle (24,687) have gone further among the top flight. (Hull travelled 147, which is roughly a round-trip to McDonald's and back).

However, their efforts have not been rewarded by the bookies who give the Irons 0.03% chance of scooping the title. Worth a tenner?



Charlie Whisky

People, places, things

★ It's all go for Bermondsey heavyweight champion David Haye. His latest venture, as he awaits a possible comeback in the winter, is presenting "the world's first weather forecast for dogs". There's probably a serious reason for this but we prefer to dwell on the mental picture conjured by the description of him as "proud chihuahua owner". Not a boxer then? (We're selling that joke to a Klitschko.)

Sis is on the right track

★ You wait a generation for one talented 400m runner from Newham to come along, then two arrive at the same time.

Christine Ohuruogu is playing a lesser role in the Commonwealth Games due to injury, letting sis Vicky steal the limelight.

Christine tells us: "Vicky, yes, she is a good athlete. The worrying thing is that she probably thinks she has to do what I've done."

"I sense she's probably feeling under pressure to achieve my stats,



400m relay partners Christine, left, and Vicky

but I keep reminding her that I've taken a very different route – I started track a lot later, I came into track after playing years of netball and so our mentality's different.

"It's tough though, I just tell her to be patient, and listen."

POLITICAL VIEWPOINT

By John Biggs

Proof that the city centre is shifting east

A tiny earthquake happened last week – Stratford station is moving from Zone 3 to Zone 2/3.

You may wonder why I describe it as an earthquake. The answer is simple – during my lifetime, the "centre" of London has been moving east.

Tower Hamlets is very much central London but until now the River Lea has been a barrier to movement into Newham.

Just as Docklands, including Canary Wharf, was the first big change that dragged London east, so Stratford, with its new developments, is doing the same again. Canning Town and the Royal Docks area will follow behind.

Someone once said to me



I welcome changes as long as traditional communities benefit

"there's no nostalgia in poverty". This is true. People like me, on the pragmatic left, welcomed the changes but traditional residents did not sufficiently benefit.

It's not just about fairness but about under-achieving the human potential and not respecting the strengths of existing communities. We must avoid this fate.

How do we do this? With excellent, outward looking, leadership – targeted on skills, employment, raising incomes, getting enough of the right housing – we have a good chance to avoid a repetition.

The test is whether local people get into jobs and are able to stay or whether, one by one, they are driven out by the change. But good leadership can help the right things happen. As we go off for our summer breaks, let's wish wisdom for our leaders.

London Assembly Member, City & East





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What's On

7 days ahead

Highlights of the week



EVENT

Steampunk Fete

Queen's House, Greenwich

★ The Longitude Punk'd festival has occupied the Royal Observatory this year, using the 300th anniversary of the passing of the Longitude Act to inspire zany inventions.

The most gifted of inventors will reveal their solutions at Sunday's event and have invited other steampunks to showcase their inventions in the grounds of the 17th century property. With talks, dances and tours.

August 3, Queen's House, FREE (booking essential), rmg.co.uk.

GIG

Grandmaster Flash

Brooklyn Bowl

★ Hailed as the inventor of record-spinning, Grandmaster Flash will be showing off his famous backspin and punch-phrasing scratch techniques at Brooklyn Bowl tomorrow.



The South Bronx native will begin his European tour at The O2 before jetting off to Oslo, Barcelona and around the UK.

August 1, Brooklyn Bowl, The O2, 8.30pm, £20, theo2.co.uk.



THEATRE

The Lost Room

Greenwich

★ The Lost Room places participants in pairs (whether you know them or not) inside a detailed interactive installation.

Visitors will be left alone for 45 minutes to discover the act of play, imagination, shared memories and the freedom to be curious.

August 3-4, Greenwich Theatre, every 20 minutes from 10am (last entry 4.4pm), £5, greenwichtheatre.org.uk.

Immerse yourself totally in Thames for a month



DETAILS of Totally Thames, the revamped festival of the river that takes place during September, has been unveiled. GILES BROADBENT picks out some highlights.

1 Royal Greenwich Tall Ships Festival

September 5-9

The largest fleet of Tall Ships to visit London in 25 years will come to West India Dock, Greenwich and the Royal Arsenal with chances to board these magnificent vessels to watch music and fireworks. Sails And Tales is a two-hour family trip on Morgenster tall ship moored at Woolwich (Sept 6, 10.30am-12.30pm, £65/£45).

2 Great River Race

September 27, from 12.30pm

From Millwall in the east, to Ham in the west, more than 300 crews, many in fancy dress, will take to the river for fun, while the serious sportsmen compete to become the UK Traditional Boat Champions.

3 Surrey Docks Watersports Centre Open Weekend

September 6-7

A chance to try sailing, kayaking, rowing or stand-up paddling in the shadow of Canary Wharf with a selection of taster sessions on Greenland Dock (£5).

4 Floating Cinema, St Katharine Docks

September 10-14

The Floating Cinema takes up residence offering audiences a chance to interact with the waterways through activities, bespoke screenings and premieres.

5 Over Time, Enderby's Wharf

September 13-14

Eleven contemporary artists will grapple with the complexities of time in a range of works in sound, painting animation, performance and film on the Greenwich foreshore.

6 River Works, The Crystal, Royal Docks

September 5-7

Sculptor Jacques Limousin transforms foreshore flotsam into art for this free exhibition of curiosity and beauty in The Crystal.

For full details on how to book plus the full programme, go to totallythames.org.

WALKS AND BIKE TOURS

Archaeological Walks

September 6-15

Explore the city's maritime heritage with a series of walks (£7) that will uncover Tudor jetties, a Bronze Age bridge, mesolithic trees and more. Different walks on different days are centred on Greenwich, Bermondsey, Bankside, Deptford and others.

London Docks with Colin del Strother

September 7

Find out more about the history of the docks with their grim past and their rich industrial heritage on a guided walking tour (£7).

Architecture & Design: Riverside Exploration

September 7, 27, 10.30am

Curated by Artouride, a bicycle tour company, these tours (£24) have been specially created for the festival and will feature Trinity Buoy Wharf and a trip on the Emirates Air Line.

Pirates, Pilgrims And Penthouses with Brian Cookson

September 7, 11am

Explore the North Bank from the Tower to Limehouse (£7) on a guided tour that trace the history of this fascinating area of Thames waterfront with highlights including St Katharine Docks and Wapping.

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What's On

Stunned by the grace of cut paper

REVIEW

Matisse: The Cut Outs

Tate Modern

Painted paper shapes dotted with pinholes might not appear at first thought to be on the cutting edge of art.

But when you step inside this collection of 120 creations, its revolutionary fervour stirs you as hard as one of Matisse's bold bolts of colour.

The images were put together using painted paper, scissors and pins during the latter stages of the artist's life, when ill health prevented him from painting.

But a decline in physical wellbeing spawned a fresh thrust of creativity, with everything from circus scenes to blue nudes and dancers springing to life in Henri's hands.

As well as discovering how the Frenchman used the shapes to alter the position of his cut-outs, the annotations reveal the techniques he used to capture



Forced to give up painting, Matisse turned to collage

the movement of dancers and his numerous attempts to convert the pieces to ceramic.

If you visit, look out for the iconic algae design that adorns many of the rooms' exhibits as well as passages in French that reveal the method behind Matisse's creations for the book *Jazz*.

But it's in the final room that we learn the shining scope of these modernist masterpieces.

A series of stars scattered across a huge religious cut out, envisaged and converted to stained glass at La Chapelle du Rosaire, in Vence, serves as a stunning finale.

Beth Allcock
Until September 7.
Go to tate.org.uk.

Our verdict

A beautiful showcase of style and significance

★★★★☆

Marvel at the wit and brio of infamous five



Guardians Of The Galaxy is already lined up for a sequel, such is its early approval from fans and critics

SCREEN

Guardians Of The Galaxy

(12A) 128mins

Guardians Of The Galaxy lends the Marvel Comics big screen universe a delightful retro twang.

The sardonic anti-hero is seldom parted from his Walkman and he inspires his cohorts to greatness with repeated references to *Footloose*.

As the slick special effects attest, the budget for this intergalactic romp is big – so too are the laughs courtesy of director James Gunn and co-writer Nicole Perlman.

Gunn doesn't skimp on the spectacle – if anything, a couple of the outlandish set pieces are too long – but he adds a comic twist to each deafening blast of pyrotechnics.

Thus a centrepiece prison break

is underscored by Rupert Holmes' 1979 hit *Escape* (*The Pina Colada Song*) and when the anti-hero barely escapes death in his spaceship and a girlfriend stumbles up from the hold, he confesses, "I'm going to be honest with you. I forgot you were here".

Abducted from his parents as a child and raised by thieves, Peter Quill (Chris Pratt) is a thief for hire, who steals a mystical orb sought by sadistic warlord Ronan (Lee Pace).

Peter evades Ronan's clutches and eventually aligns himself with a motley crew of mercenaries comprising green-skinned assassin Gamora (Zoe Saldana), genetically engineered raccoon Rocket (voiced by Bradley Cooper), his tree-like sidekick Groot (voiced by Vin Diesel) and vengeance-seeking warrior Drax the Destroyer (Dave Bautista).

When Peter learns the orb has the power to destroy the universe, he

must put selfish desires to one side to repel Ronan and his underlings.

Guardians Of The Galaxy is a blast. Pratt brings swagger and dry wit to his emotionally wounded hero, while Saldana adds sass and sex appeal to her otherworldly assassin.

But almost every scene is stolen by the computer-generated double-act of Rocket and Groot.

Cooper voices his feisty gun-toting fur ball with a wonderful blend of defiance and sarcasm.

Cameos from Benicio Del Toro and Glenn Close hint at a wider canvas that director Gunn will be keen to explore in a sequel set for release in 2017.

Damon Smith

Our verdict

Marvel shows a wry sense of humour with big-budget romp

★★★★☆

SCREEN

The Nutjob

(U) 86mins



All of the hastily sketched characters in Peter Lepeniotis' 1950s-set computer-animated adventure go nuts at some point during the poorly paced proceedings.

Protagonists might be bright-eyed and – in the case of the squirrels – bushy-tailed but most of the script feels tired.

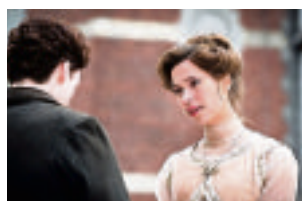
The narrative lacks fluidity, most of the animals don't exist beyond a single personality trait and there's a palpable absence of jeopardy during a centrepiece bank heist.

★★★☆☆

SCREEN

A Promise

(12A) 98mins



Patrice Leconte directs this drama about forbidden love starring Richard Madden as Friederich Zeitz, who lands a position with German nobleman Karl Hoffmeister (Alan Rickman) as tutor to his host's young son, Otto.

Friederich grows fond of the boy and also gravitates towards Karl's beautiful wife Lotte (Rebecca Hall), who feels the same electrical charge between them. Karl senses this deepening attraction so sends Friederich away.

★★★★☆

SCREEN

Blackwood

(15) 90mins



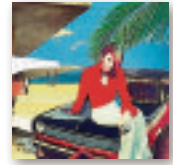
Adam Wimpenny's debut feature centres on professor Ben (Ed Stoppard), who transplants his loved ones including wife Rachel (Sophia Myles) and young son Harry to a country house called Blackwood.

Ben hopes the rural retreat will help him to control his stress, but he is soon disturbed by nightmarish visions that seem to be connected to the house's previous occupant.

The emotionally fragile husband delves into the troubled history of Blackwood stirring up old conflicts.

★★★★☆

GOING MOBILE



MUSIC

Trouble In Paradise

La Roux, £7.99

★★★★☆

It's been five years since electropop then-duo La Roux (now the stage name of just singer, keyboardist and producer Elly Jackson) released their self-titled debut – earning places in the charts and national consciousness thanks to stunning earworms *In For The Kill* and *Bulletproof*. The new offering begins well, with opener *Uptight Downtown* very nearly living up to those career highlights. But while there are definite hits here, other tracks miss their targets. It's really a glass half empty. **Rob Lavender**



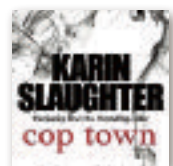
APP

Jinn

For iOS and Android, Free

★★★★★

The concept's simple – look online and order anything that fits in a car. A Jinn courier then pops to the shop, picks it up and delivers it within an hour to anywhere in London. The service costs £5.95 plus 10% of your purchase's value. Texts prompts keep you updated and give you options to confirm. Payment is taken from the card you've linked to your Jinn account and your genie (the courier) will give you the receipt from the transaction at the store to confirm what you've spent. Ideal for outlets that don't deliver. **Jon Massey**



E-BOOK

Cop Town

Karin Slaughter (Century), £6.64

★★★★★

Kate Murphy's first day as a police officer couldn't get off to a worse start. She's despised by the women, lusted after by the men and disrespected by the public she has sworn to protect. Against the backdrop of 1970s Atlanta, where lines are drawn along racial as well as gender divides, Murphy has signed up to join a police force ravaged by in-fighting and on the hunt for a killer who specialises in offing officers. Murphy is another winning character from Slaughter and this is a delight. **Roddy Brooks**

Health

Sharpen that grey matter to get happy

Abi Jackson
The Wharf

Living in a clean environment, free from clutter and mess can be very beneficial for your mental health – at least according to Cheryl Rickman, author of self-help tome *The Flourish Handbook*.

She also believes having a good old clean out of our minds can yield equally positive results.

Cheryl said: "Clutter is oppressive, whether that's externally in our environment or internally via the mental clutter, anxiety and stress in our mind."

"We all need to create an environment conducive for planting our seeds of possibility and restoring mental energy."

"Just as de-cluttering our environment frees us from that oppression and enables us to save time by finding everything faster, de-cluttering your mind is a freeing process that helps you

make better choices and decisions." But how do you actually go about throwing out the junk in your head?

Cheryl suggests you start with the following basic steps to put you firmly on the right track:

Take responsibility:

Cheryl said: "Recognise your own role in your everyday stress – do you have a habit of taking on too much? Do relaxation and me-time play second fiddle to everything else? Make a pact with yourself to create more balance, curb that technology addiction and learn to say no."

Clean out dark corners:

Cheryl said: "The unconscious mind is effectively the storehouse for every memory we have from conception to our last breath. If there are unresolved issues, these will present themselves consciously as a block. We need to deal with these issues in order to move on with our lives."

Get writing:

"It is important to be aware of yourself as an individual," said Cheryl. "Write a journal of repeat patterns in your life and what triggers off stuff within you. This will allow you to understand better the negative elements lying dormant." *The Flourish Handbook* is published by CreateSpace and is priced £11.99.



Cheryl Rickman

How a walk in the park may help vanquish your stress

Karen Liebenguth, right, believes life coaching in green spaces is the ideal way to help busy Wharfers slow down

RELAXATION

Life coach takes Rachel Bishop on a stroll to explain the benefits of greenery

In a sea of more than 8million people battling for the Tube, the bar, or even the last BLT in Tesco, London is a stressful place. Thankfully we have plenty of green

spaces to hide in the capital but that's often not enough to rid yourself of the stresses of everyday life.

Karen Liebenguth who runs Green Space Life Coaching, may have come up with a very simple, but very effective solution.

She said life coaching in an outdoor space can have huge benefits and her sessions took place only 20 minutes from Canary Wharf.

"A lot of people want to talk about stress at work, feeling lonely or just the everyday pressures of life," she said as we strolled through Victoria Park. For most Londoners, myself included slowing down isn't easy, but

How does being in a green space help?

"People arrive at a session on auto-pilot and at a fast pace. Then we walk across the land and they slow down."

in this beautiful space with Karen's calming voice, I managed to gear down to a gentle potter within a few minutes.

Karen said: "People arrive at a session on auto-pilot and at a fast pace. Then we walk across the land and they slow down."

"The green of the park gives space for thinking. It allows the mind to flow and not to let it get static and stuck. Our affinity to nature may have been lost in city life but there is good evidence that we have a strong need to spend time in natural settings."

"London has some fabulous green spaces – parks, squares, commons and churchyards – so many of which are little explored."

"Clients often come away from a session saying they have walked their way out of a problem into a solution."

Taster sessions are free. A one off hour-long session costs £65. Go to greenspacecoaching.com.

BRITISH HEART FOUNDATION

Still time to sign up for Sunday runs

Be part of a sea of scarlet and raise cash for a good cause in east London this weekend.

The British Heart Foundation's 5k and 10k challenges will turn Victoria Park bright red on Sunday.

Online registrations are closed but those keen to help battle heart disease can sign up on the day for a £20 fee and opt to run, jog or walk the course in the award-winning park. Go bhf.org.uk.

RE:SPA

Get three sessions for the price of two

Relieve muscular aches and pains following intense exercise and tackle poor posture with a deal on three sports massage sessions.

The Re:Spa salon at Reebok Sports Club is offering guests the three treatments for the cost of two.

The massages should also help speed up recovery from injury, while working to reduce stress and boost performance during workouts. All must be taken before August 31. Go to respalondon.co.uk.

RESCUE SMELLS

Create a haven of calm for your nose and your mind with these smellies, designed to promote feelings of relaxation, wellbeing and calm:



White Musk perfume oil, £13

The Body Shop
Cabot Place Mall
thebodyshop.co.uk



Emma Bridgewater Live Well Look Well Tea and Oranges room diffuser, £18

Marks and Spencer
Cabot Place Mall
marksandspencer.com



White geranium candle, £26

The White Company
Jubilee Place Mall
thewhitecompany.com

Fashion

Shopping's BFF eases changing room fears



Raw material: Rachel Bishop, right, before Carlene Noel, above, got to grips with her. Sessions cost from £190

ADVICE

Carlene Noel helps Rachel Bishop escape her preconceptions on a shopping trip in the Wharf's malls

There are two types of shoppers: those that breeze through the aisles and pick outfits without a second's thought and those that trudge around confused and dazed in the malls' bright lights.

I'm the latter and I know there are plenty of others like me – desperately pretending they know their cap sleeves from their raglans but really wanting to crawl up in a little ball when a new outfit is needed.

Which is why the arrival of personal shopper Carlene Noel felt akin to the visitation of an angel.

With 11 years' experience, Carlene knows what she's talking about. She visited Canary Wharf last week to help me choose some outfits for a range of tricky occasions.

"Even though I'm doing the same job, I meet people with different needs each time," she said.

"I could be shopping with two size 10 girls, but they could have totally different body shapes and requirements, or different budgets. Everyone has their area that they're conscious about though.

"So I always find a face-to-face consultation is ideal and then I can get an idea about their shape and what they need me for."

For a busy Wharfer Carlene said she could chat over the phone or email, or meet for the face-to-face consultation, then go off to choose the outfits and meet her clients later.

Why bother using a personal shopper?

"Having one can save you so much time. But the main thing is people leave looking and feeling better."

"Having a personal shopper can save you so much time," she said.

"But the main thing is people leave looking and feeling so much better, because they are wearing the right clothes for their shape.

"It's easy to get stuck in a rut when you're buying new clothes and having that extra opinion is so helpful to get out of that."

Together we spent time choosing three outfits and I could not believe the difference it made and the confidence it has given me for future dalliances up the aisles.

Email cn@carlenenoel.com

SHOPPER SERVICES

★ Style Express and Style Experience, John Lewis

The Westfield Stratford City store offers either a one-hour style session for people that want quick advice or a two-hour service where shoppers can have a consultation and learn what brands to wear. You get a drink and access to the dedicated style suites too.
Go to johnlewis.com.

★ Boss personal shopping service, Hugo Boss

If you need a suit for a business event, or a dress for a weekend party, the team at the Canary Wharf store in Cabot Place Mall can advise on what they have in their range that will suit you best. This is a bit more informal but costs nothing so you may as well listen up.
Go to hugoboss.com/uk/en.

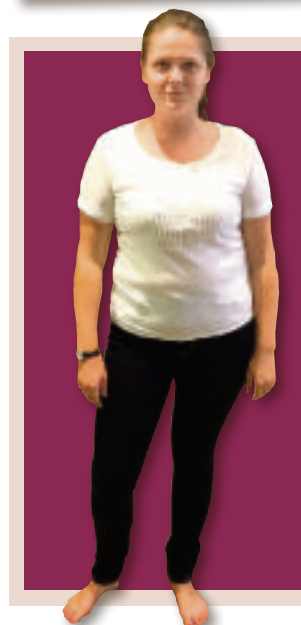
★ Personal shopping for Gold card customers, Jaeger

The Canary Wharf men's and women's departments of Jaeger offer customers a personal shopping experience. The catch is you must be the holder of a gold card and book your appointment at least 48 hours in advance. Perfect for those who are good at planning.
Go to jaeger.co.uk.



1 From work to drinks
Carlene says: "The jewellery livened up the outfit for post-work drinks, but wasn't too in your face so it can work in the office as well. I chose the navy because as an office outfit base it's more colourful than the standard black and can be easily brightened up with the light blue top."
■ Rachel says: "The fantastic skirt lengthened my legs and the shape and material seemed to make my tummy (my area of greatest discomfort) disappear. The top was also incredibly comfy – I really didn't want to give this outfit back."

Blue top, £55
Skirt, £59.50
Metal rope bangle, £25
Pyramid necklace, £39.50
Pyramid stud earring, £20
Banana Republic
Jubilee Place Mall
bananarepublic.gap.co.uk



2 Weekend smart/casual
Carlene: "We got a great pair of jeans and then I dressed it with a simple top."

"This way the outfit looks smart and can be dressed up or kept simple depending on the occasion."

■ Rachel: "The jeans were comfortable and I felt the dark blue was incredibly flattering – I actually went back and bought them after work."

"I felt the high-waist, which I would never consider, acted like a pair of Spanx, giving me further confidence in my least favourite area."

Levi's Revel hi-rise skinny jeans via the Levi's Curve ID service in store, £80
Twisted neck Henley top in white, £25

Levi's
Canada Place Mall
levi.com



3 Cool but office smart
Carlene: "This dress shows the full body shape, which is key when you feel you have a bit of a tummy – you really shouldn't be looking to hide it."

Rachel: "I wouldn't have even bothered trying this dress out of fear the snug fit and stripes would be like a giant arrow to my belly, but it worked so well and the material was comfortable."

"With the addition of a generous tote bag, it's an outfit that works well on a practical level too, treading that fine line between functional and fun – a real all-round winner and something I felt great in."

Multi-Stripe ponte dress, £65
Larkin tote, £89.50
Pyramid stud earring, £20
Metal rope bangle, £25
Banana Republic
Jubilee Place Mall
bananarepublic.gap.co.uk

Travel

Turn off that smartphone and silently boogie away

ANTIGUA

Tori Mayo discovers that breakfasting with an iguana on exclusive Palm Island is to her taste

As I sip on a frozen margarita and marvel at the moon casting its light on the black water lapping the island's shore, a Eurythmics classic rings through my headphones. Sweet dreams are made of this.

And who am I to disagree, as I dance on the sugar-white sand on a balmy Caribbean evening?

Next, grinning so much that my face hurts, I'm dancing to DJ Maseo of hip hop group De La Soul's beat. It's 25 years since the release of their seminal album *Three Feet High And Rising*, and he's playing to a privileged few guests at Palm Island Resort in the Grenadines, at the launch of their silent disco programme, the Big Sssh.

Every month, guests at Palm Island and sister property Galley Bay, Antigua, can join a silent disco with local DJs and Maseo's set. Maseo will also be making a live appearance at Galley Bay on September 28.

Listening to a DJ's set transmitted wirelessly through headphones, so as not to disturb fellow islanders, fits with Palm Island's policy for encouraging peace and relaxation.

Guests at the 135-acre resort on the privately-owned island, one of 32 in the Grenadines archipelago, are encouraged to switch off.



Yannis runs the boat that takes guests on excursions to the cays around the resort

Bikes replace cars, and there are no children. What's more, you'll find no TVs in the rooms, WiFi is limited, and abandoning smartphones is the order of the day.

Instead, guests are encouraged to sway gently in a hammock strung up between palm trees, or picnic in the turquoise crescent of a deserted cove. The island's main beach even features signs saying, "Sssh, vacations at work".

The journey here from the UK isn't straight forward – a plane to Barbados, followed by a 50-minute flight on a twin-prop plane to Union Island, and then finally a 10-minute boat ride – but it's certainly worth the effort.

Palm Island is, as the name suggests, covered in palm trees, and the spacious resort offers excellent hospitality. On my first day, I'm joined at breakfast by George. A little bit ugly but very friendly, he's the largest of the resident iguanas.

During the day, if you're not ensconced on one of the five beaches, being pampered in the spa, or walking one of the nature trails, a day's cruise on the resort's boat is a must.

We're welcomed aboard the sophisticated Yannis catamaran with a glass of champagne before setting sail for the Tobago Cays. Reclining on the mesh stretchers at the bough, I feel like I'm in a Duran Duran video.

Our first port of call is Mayreau, the smallest inhabited island of the Grenadines, where we stop at Saline Bay for a spot of snorkelling.

But the real highlight of our jaunt has to be Tobago Cays Marine Park, close to the tiny, palm tree-covered island of Petit Tabac – famously used as a location in *Pirates Of The Caribbean*.

We don snorkels and flippers and start hunting for turtles. Minutes later, I'm startled by a round blob – a turtle. I'm excited and nervous, as it glides gracefully past me. I'm not sure how close I can get before one of us freaks out. It's not long before another one arrives, and I'm eventually joined by six in total.

As the sun begins to set over the sandbars, we resume our horizontal positions on deck for the journey back to Palm Island. Another day in paradise.

FACTFILE

■ **Tori Mayo** was a guest of Virgin Holidays (virginholidays.co.uk) which offers seven nights all-inclusive on Palm Island in the Grenadines from £1,675pp (two sharing), including flights with Virgin Atlantic from London Gatwick to Barbados, with onward transfers to Union Island. Prices are based on departures on November 27 this year.



Above, Palm Island, which is home permanently to George the iguana, below right, and temporarily to DJ Maseo of De La Soul, below left, who plays its silent disco events



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Food



COOK WITH CJ JACKSON

Oysters on the half shell with four dressings

Simplicity itself – this dish nevertheless has the wow factor and might be a snack between two or a starter for more.
Serves 2-4

Ingredients

12 oysters, native or rocks
crushed ice
Red wine and shallot dressing
2 shallots, finely chopped
5 tbsp red wine vinegar
Bloody Mary dressing
1 tsp tomato purée
1 tsp creamed horseradish
1 tsp vodka
Soy and sesame dressing
2 tbsp dry soy sauce
Sprinkling of sesame oil
1 spring onion, finely sliced
Truffle and tarragon dressing
Juice and zest of 1 lemon
1 tbsp chopped fresh tarragon
Splash of truffle oil

Method

To serve, shuck the oysters and remove the top shells.

Release from the bottom shell, then arrange on some crushed ice and garnish with lemon.

Mix together the dressing of your choice from the list above. In addition, serve the traditional accompaniments of lemon wedges and Tabasco sauce.

For more on the shellfish,

Billingsgate Seafood Training School runs an Every Which Way With Oysters course designed to allow participants to experiment with flavours. The soy and sesame dressing was discovered in this way.



Try the shellfish with a little lemon or spruced up with any of these four flavourful dressings

CJ Jackson is principal of Billingsgate Seafood Training School. Go to seafoodtraining.org

Meals without the wheels as chefs forage for borage

E14

Hotel embraces local produce in bid to give diners pleasant memories, writes **Rachel Bishop**

What's the most surprising local ingredient included?

"Chef Moreno discovered borage – a Mediterranean herb growing in fields in Shadwell."

Canary Wharf's Four Seasons executive chef Moreno Casaccia has been foraging in the East End and looking for treats for the hotel's Live Like A Local E14 menu.

He said: "Using seasonal, local and traceable produce is the cornerstone of my cooking and putting together our new offering was the perfect opportunity to highlight some of the amazing food being grown and produced in and around London."

"This often takes place in urban areas where one wouldn't normally associate with fresh produce."

Four Seasons food and beverage director, Stephen Meehan, told us a little more about the menu which features dishes where the main ingredients are produced within 50 miles of E14.

■ Why is sourcing local produce important?

People wouldn't automatically associate east London with fresh produce grown or matured locally but we wanted to dispel that myth.

■ Does it affect the taste?

You can taste the quality of craft, and the local story makes these flavours more memorable.

We partner or work only with people who are the best in their field.

Take salmon curer H Forman And Son in Bow with whom we have a long-standing relationship. We were keen to highlight the firm's beautiful produce and the long tradition associated with its fish.

■ How has the urban foraging gone down? Any difficulties along the way?

A lovely example of our urban foraging was when chef Moreno discovered borage – a Mediterranean herb growing in fields at Shadwell.

He has been using the plant throughout his culinary career and was pleasantly surprised to find it in inner city London.

■ What do you hope people will get from this menu?

The emphasis here is on flavour, craftsmanship and provenance.

We want to shine a light on the very best of local products, highlighting what's there and our culinary talent. We hope people will walk away with a memory of these flavours and will understand the tale of our wonderful E14 menu. We plan to change it seasonally and are already working on autumn.

The Live Like A Local E14 menu costs £53pp for three courses and is available until August 31. The autumn menu will be unveiled in September.

Go to fourseasons.com.

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FARM FRESH

★ It's tough to find produce much closer to the Wharf than at Surrey Docks Farm, just across the Thames in Rotherhithe. Farm manager Gary Jones gave us the lowdown on what is on offer.

■ Meat

Beef, lamb and goat are sold once a year and priced by the butcher based on market value. Pork is available throughout the year, with traditional sausages currently £3.20 for eight and pork steaks at £5.50 for three.

■ Eggs

The farm keeps ducks and chickens for their eggs, including former battery hens who can't produce enough for commercial use anymore. Chicken eggs are 40p each, duck eggs are 50p each.

■ Honey

Excess honey from the resident bees is sold at the harvest festival in September, with supplies often sold out in one day. Prices vary on weight.

■ Fruit and veg

The 2.2-acre site has an apple and pear orchard, but all types of seasonal fruit and vegetables are stocked including potatoes, carrots and radishes. Prices vary on weight.

Go to surreydocksfarm.org.uk.



Eggs on sale at the farm shop in Rotherhithe



Above, salmon from H Forman And Son in Bow
Below left, cheesecake made with ingredients
bought at Spitalfields and Borough markets and
ravioli flavoured with borage from Shadwell
Below right, Four Seasons' Stephen Meehan



Beef fillet with
veg sourced
from Dartford
and Guildford
respectively

Meantime backs British campaign

★ Greenwich brewery Meantime has joined a campaign to get more people to buy British products.

Hailed as a traditional manufacturer, the company is promoting the launch of the inaugural Buy British Day on October 3.

The initiative is supported by Michael Fallon MP, Minister of state for business and Enterprise. Go to bestofbritannia.com for details.



Lance Forman shows off his fish

Taste the East End on the Wharf

Not many food producers understand the importance of keeping it local like H Forman And Son, which battled Seb Coe to remain in its East End home.

The 100-year-old smokery was forced to move to make way for the Olympic Stadium, but after refusing to leave the area, managing director Lance Forman won a new building next to the sporting venue.

Lance said: "It was so important for us to remain in the area for three reasons. First, our heritage, east London is the home of smoked salmon, so why move to Peterborough?"

"Secondly, there was our staff. We are an artisan business. We didn't want to have to move to another part of the country and lose our excellent team.

"Thirdly, we need close access to our clients so we can deliver freshly produced smoked salmon hours after it has left our kilns.

"With fish, freshness is more important than anything and we recognise that there are some excellent producers and superb products on our doorstep that compete with some of the best the world has to offer."

H Forman and Son supplies Canary Wharf's Four Seasons and Marriot West India Quay hotels. Its Scottish smoked salmon is also available at Waitrose in Canada Square priced, £5.89 for 125g.

An on site deli is in the pipeline for Bow or Wharfers can buy London cure lean smoked salmon from £9.95 per 200g online.

Go to formans.co.uk.

Rachel Bishop



H Forman And Son in Bow

Enjoy the spice of a Korean at Feast

EVENT

Beth.Allcock
@wharf.co.uk

Korean cuisine is having its moment in the spotlight - and the co-founder of a new restaurant is keen to introduce more East Enders to the fresh, spicy fare at the Feast festival this week.

Jubo opened its doors in Shoreditch's Rivington Street last year serving up what Leon Foong calls topical tasty food, including dishes like steamed buns and bulgogi.

"Arguably Korean food is highly under-represented in Asian cooking," he said. "Now it's time and we are looking to be a part of that movement.

"We've not got a lot of experience of food festivals but we wanted to bring more awareness of what Jubo is about and what we offer as a way of exposing Korean cuisine."



Jubo's Leon Foong

Feast takes place at Wapping's Tobacco Dock from tonight (Thursday) until Sunday.

Leon and his team will be whipping up dishes alongside a wealth of fellow foodie traders. Tea ceremonies, sensory experi-



Korean food from Jubo

ences, live music and DJs will also be on offer.

Leon said Jubo's offering at Feast draws on raw, fresh ingredients as well as influences from Japan with its signature flavours being Korean fried chicken and steamed pork.

Those more interested in red meat might try the brand's Korean style beef-on-the-bone, cooked on a barbecue or a marinated loin of Iberico pork. Glass noodle salads and kimchi slaw cater for the veggies.

Leon said: "Authentic Korean cuisine can be sharp and aggressive with flavours - we don't believe in padding them out.

"If you look at the sauces and garnishes they're all very strong, punchy flavours - very exciting, very sharp and very fresh.

"It's a huge aspect of the food - our Korean fried chicken is served at the restaurant and at Feast in garlic, hot or volcanic strengths.

"The latter was only introduced recently. A lot of our Korean visitors weren't satisfied with the heat level so we revised the recipe - now it's really, really hot."

Tickets for Feast range in price, starting from £10 for a standard ticket or £8 for concessions. Go to wefeast.co.uk for more information or tickets.

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Women seeking men

REMEMBER: Calls cost £1.53 per minute plus network extras. Texts cost £1.50 per message sent.

GENUINE widow 72, seeks kind, sincere gent for friendship and to put the sparkle back into my life. Tel No: 0906 500 3729 Box No: 413081

CHRISTINE seeking fun loving male, 56-63, young minded for friendship, maybe more. Tel No: 0906 500 3729 Box No: 413087

ANNA, busty mature lady seeks no strings discreet meetings with male any age or location. Tel No: 0905 002 1952 Box No: 366019

FELICITY professional female, 32yrs, blonde, curvy, fun. Travels a lot and withm chap for occasional fun on my travels. Text only Box No: 4459438

LOREN pretty petite 24yr old female, likes swimming, walking, cosy night in watching a movie, seeking caring well built loving male with nice personality 30-45. Tel No: 0906 500 3729 Box No: 413015

JULIE 46yr single female, long dark blonde hair, big blue eyes, loves home cooking followed by cuddles on the sofa with a nice wine, seeking genuine male, no time wasters. Tel No: 0906 500 3729 Box No: 412907

CHRISTINA, curvy beauty, 27yrs, own home, very very adventurous seeks no strings fun and frolics. Can accommodate and will answer all calls. Tel No: 0905 002 1953 Box No: 410127

ANN 40's female looking for male for broadminded adult fun, no strings. Tel No: 0906 500 3729 Box No: 412369

LADY 50, loving, attractive, support worker, 3 kids only 1 living at home. Looking for kind, loving male who works for friendship and maybe more. Text Only Mailbox Box No: 4455021

CARLY mid 30's bubbly outgoing genuine female seeking similar sincere down to earth male to enjoy socialising, beach walks, romantic walks and cosy evenings in, 35-50yrs Tel No: 0906 500 3729 Box No: 412935

JANE, young 41, very broadminded seeks chap any age for discreet no strings fun, any are, no time wasters aca. Tel No: 0905 002 1939 Box No: 409715

SUSIE discreet married lady, young 36yrs seeks uncomplicated times with man any age or area, all texts answered. Text only Box No: 4459437

BECKY 30's slim size 10, big blue eyes, considered stunning, fun, caring, seeking reliable guy to enjoy nice times with, no ties or complications pls. Tel No: 0906 500 3729 Box No: 412595

LISA 19 young inexperienced and lonely, 5ft 5ins, very curvy and cuddly build, loves shopping, going out, seeking fun loving understanding mature guy for ltr. Tel No: 0906 500 3729 Box No: 412913

MAUREEN, discreet sensual lady, 42yrs seeks daytime fun at her home. ACA. Tel No: 0905 002 1959 Box No: 405297

LAUREN 24yr old petite blue eyed barmaid, slim brunette, pretty, sporty, likes cosy nights in, WLTM caring well built easygoing male for meets, 30-45yrs. Tel No: 0906 500 3729 Box No: 411211

SUE, 38yrs, passionate, broadminded and feisty seeks discreet fun with 'mr wrong'. Aca. Tel No: 0905 002 1935 Box No: 413007

BECKY 38 size 10, big blue eyes, considered stunning, honest, fun and caring, looking for similar kind of person to enjoy fun times. Tel No: 0906 500 3729 Box No: 412593

FEMALE N/S, seeking male to share and enjoy life with, 48-55. Bucks area. Tel No: 0906 500 3729 Box No: 412637

CHERYL 21yr old single mum of one, slim, attractive, long hair, seeking true honest male up to 40yrs to put some fun back into life. Single dad welcome. Tel No: 0906 500 3729 Box No: 412385

BECKY 38yrs stunning size 10, big blue eyes, feminine, long hair, honest, fun, seeks honest reliable male to go out with, have a nice time and some much needed fun. Tel No: 0906 500 3729 Box No: 412597

JEWISH woman, 60's, WLTM Jewish man, 60's for all good things in life. Tel No: 0906 500 3729 Box No: 412763

ZOE, 25yrs, very naughty seeks man any age for broad minded no strings fun and games. Tel No: 0905 002 1931 Box No: 409719

LESLEY intelligent attractive slim female, enthusiastic, loves life, interests, looking good and keeping fit, seeks similar passionate Mr Wonderful. Tel No: 0906 500 3729 Box No: 412323

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WIDOW 70, lonely, seeking gent, 70-75 to bring a bit of sparkle back in life, likes theatre, cinema. Tel No: 0906 500 3729 Box No: 412475

ESSEX slim blonde lady, 60's, young outlook, seeks gent, 60-69, likes holidays, meals out, weekends away with happy disposition for fun times. Tel No: 0906 500 3729 Box No: 412479

JANE bored 43yr old student with plenty of spare time, likes drinks out, walking my dog, swimming, looking for similar lonely companion, 38-50. Tel No: 0906 500 3729 Box No: 412357

JANE 29yr old horsey female, loves the outdoors, cycling, as well as duvet days. WLTM not too serious male for a hopefully normal relationship. Tel No: 0906 500 3729 Box No: 412315

33YR old sick of being single working mum, OHAC, likes the simple things in life, looking for romantic, honest guy with GSOH for cosy nights in and fun nights out. Tel No: 0906 500 3729 Box No: 411887

RITA divorced care worker with no ties, 5ft 1ins, dark hair, enjoys meals out, cosy nights in, seeking male 45-55 with GSOH and similar interests. Tel No: 0906 500 3729 Box No: 411775

MELANIE tall curvy attractive bubbly female who loves meals out, cosy nights in with a nice wine, walking, seeks professional male with outgoing GSOH. Tel No: 0906 500 3729 Box No: 411509

60'S slim blonde, size 10, Essex area, seeks gent for holidays, weekends away, meals in/out, fun times, perhaps more. Tel No: 0906 500 3729 Box No: 411813

SONYA tall leggy vibrant very attractive black lady who loves gym, music, dining out, seeks mature responsible, respectable professional to be my soul mate. Tel No: 0906 500 3729 Box No: 411697

CARRIE 29yr old fun loving attractive single mum with OHAC, likes nights in or out, music, WLTM similar fun romantic handsome man for friendship possibly more. Tel No: 0906 500 3729 Box No: 411215

DEBS very hurt but healing female only looking for honest, caring genuine guy who will love me for me. I have varied interests and love music and Lanzarote. Tel No: 0906 500 3729 Box No: 409275

SUE 38 enjoys cinema, clubs, meals in/out, very broadminded, attentive, tactile, passionate, looking for lots of fun with Mr Wrong! Discretion assured. Tel No: 0906 500 3729 Box No: 411205

JOANNE 36yr old single self-conscious mum, likes pubs, clubs, nights in/out, coast, seeks faithful kind guy 30-45 to share the rest of my life with so no time wasters pls. Tel No: 0906 500 3729 Box No: 410569

LEANNE young curvy single female looking for smoking hot single guy to enjoy nights in/out full of laughs and good times. Call me. Tel No: 0906 500 3729 Box No: 410563

CLARE 36yrs successful single mum, independent, employed with OHAC, size 10, green eyes, pretty, likes swimming, family life, seeking male with similar values and interests. Tel No: 0906 500 3729 Box No: 412053

SHARON 32yrs and still soul searching for Mr Right, I enjoy keeping in shape, caring for people, seeking loving respectful guy who also knows a good time. Tel No: 0906 500 3729 Box No: 412049

WIDOW 60's, nice personality, GSOH, seeks nice male 63-70, for friendship, maybe more. Tel No: 0906 500 3729 Box No: 412101

ROMANTIC 42yr old slim black mum of 1, loyal, likes countryside, cooking, music, nights in/out, comedy, seeks male, 45 plus for fun and laughter. Tel No: 0906 500 3729 Box No: 412063

FREYA 33 6ft blonde, loves dancing and have a good time, employed, own home, one, seeking similar laidback guy/dad for dates, chats and more. Tel No: 0906 500 3729 Box No: 412045

MARILYN really nice curvy tactile female, loves romantic walks, cosy nights in, quality times, looking for nice male to spend time and fall in love with. Tel No: 0906 500 3729 Box No: 411871

SARAH 25 petite slim attractive blonde student, enjoys keeping fit, looking good, socialising, going out, being a mum WLTM similar fun genuine guy. Tel No: 0906 500 3729 Box No: 411537

SANDY 60's, nice personality, GSOH, likes most things, seeks male, 62-70 for friendship, maybe more. Tel No: 0906 500 3729 Box No: 410917

FEMALE slim, blonde, blue eyes, seeking attractive male, 60-65, slim-medium build, N/S with GSOH. Tel No: 0906 500 3729 Box No: 410545

DIANE late 40's, likes walks, wining/dining, movies, bowling, concerts, looking for soul mate in Essex area, late 40-50's. Tel No: 0906 500 3729 Box No: 405441

LAURA happy size 12-14, attractive, loves shopping, gym, music, clubbing, eating in/out, looking for sincere honest male looking for more than just good fun. Tel No: 0906 500 3729 Box No: 410713

KATIE 21yr old very attractive female who is up for most things, looking for daytime fun, no strings and discreet pls. Age/status unimportant. Tel No: 0906 500 3729 Box No: 410573

JEWISH widow, 67, loves animals, seeks genuine, Jewish gent, 68-73 for friendship, maybe more. Tel No: 0906 500 3729 Box No: 410547

SUSAN 29 green eyes, dark hair, slim, looking for Mr tall dark and handsome to take me out, enjoy adult times without complications just fun. Tel No: 0906 500 3729 Box No: 410957

JANE pretty size 12, loves going out socialising, countryside, meals out, looking for no strings fun, nothing heavy, give me a call if you are seeking similar. Tel No: 0906 500 3729 Box No: 410579

SUE optimistic divorced lady with OHAC, good job, enjoys meals out, cinema, countryside, pub lunches, looking for likeminded outgoing happy male. Tel No: 0906 500 3729 Box No: 410467

CATHY very much a lady seeks gent up to 62yrs who would appreciate an independent professional sassy female who loves to be wined, dined and romanced. Tel No: 0906 500 3729 Box No: 410301

JOSEPHINE pretty Chelmsford lady seeks benevolent gent for ongoing discreet daytime dalliances, 65 plus. Tel No: 0906 500 3729 Box No: 410991

CHINESE female, nurse, N/S, GSOH, likes music, dancing, meals out, holidays, reading, seeking nice genuine guy, 45-60 for LTR. Tel No: 0906 500 3729 Box No: 410935

Men seeking women

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BRIAN 51, 5ft 9ins, attractive, easy going GSOH, likes cinema, meals out walks, seeks attractive lady, 40-50 for LTR. Tel No: 0906 500 3729 Box No: 413273

JON 22, looking for no strings fun with any female up to 35. Tel No: 0906 500 3729 Box No: 412607

TALL male, seeking similar genuine female for friendship, maybe more. Tel No: 0906 500 3729 Box No: 413429

TED 62, smoker, 5ft 8ins, stocky, likes walks, swimming, meals out, seeks female for LTR. Tel No: 0906 500 3729 Box No: 413325

MATURE male, seeks female for discreet no strings fun. Tel No: 0906 500 3729 Box No: 413291

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AJ 35, seeking female up to 45 for no strings fun. Tel No: 0906 500 3729 Box No: 413223

BRIAN 41, works part time, easy going, outgoing, seeking lady, 41-48 for friendship, maybe more. Tel No: 0906 500 3729 Box No: 413215

40'S male, sensual, open minded, adventurous, Aquarius, seeks female, any age of similar interests for discreet day time no strings adult fun. Tel No: 0906 500 3729 Box No: 413245



PAUL tall, good looking, white, slim-medium build, dark hair, blue eyes, seeks tall, slim, attractive black girl for fun times, maybe more. Tel No: 0906 500 3729 Box No: 412885

SFT 11ins male, mid 70's, N/S, OHAC/teeth, likes swimming, diving, geology, gardening, may buy house in Barbados. Tel No: 0906 500 3729 Box No: 412747

45YR old male, intelligent, GSOH, looking for no strings fun. Tel No: 0906 500 3729 Box No: 412829

ESSEX chap 61, 5ft 9ins, N/S, good company, retired, likes travel, animals, seeks slim, similar female for nice times. Tel No: 0906 500 3729 Box No: 412511

SFT 11ins male, 70's, OHAC/teeth, likes swimming, diving, geology, crop growing, buying house in Barbados. Tel No: 0906 500 3729 Box No: 412501

WEST Country male, trustworthy, kind, loving, HIV, seeking genuine, black, African lady for genuine LTR. Tel No: 0906 500 3729 Box No: 412691

TERRY seeking female for friendship, maybe more. Tel No: 0906 500 3729 Box No: 412677

TALL slim, easy going male, 42, 5ft 11ins, seeks attractive, feminine lady for nights out and socialising. Tel No: 0906 500 3729 Box No: 413167

6FT male, slim, short hair, clean shaven, seeks slim, easy going female with similar interests for friendship, maybe more. Tel No: 0906 500 3729 Box No: 413077

BLACK male, 50, bubbly, WLTM buxom, curvy, voluptuous, rubinesque white female, 25-55 for friendship/LTR. Tel No: 0906 500 3729 Box No: 413073

JEFFERY 57, 6ft, medium build, white, likes meals out, nights in, bowling, cinema, seeks genuine black lady, 30 plus for serious 1-2-1 relationship. Tel No: 0906 500 3729 Box No: 413025

JOHN likes swimming, countryside, caravans, camping, looking for nice lady, any age/race. Tel No: 0906 500 3729 Box No: 412949

AJ 35, looking for no strings fun with lady up to 45, bigger the better. Tel No: 0906 500 3729 Box No: 412889



ALLEGEDLY handsome blond blue eyed male, 47, genuine, caring, fun loving, GSOH, OHAC, seeks genuine, fun loving black/Oriental/Asian female. Tel No: 0906 500 3729 Box No: 409643

SLIM fit active 69yr old N/S male, likes music, walks, cinema, quizzes, seeks slender, warm-hearted 60's lady for company and more. Tel No: 0906 500 3729 Box No: 412061

MATTHEW 54, seeking lady for no strings fun and laughs. Tel No: 0906 500 3729 Box No: 411981

45YR old male, seeking female for no strings fun times. Tel No: 0906 500 3729 Box No: 411963

SEEKING invisibles, 52yr old N/S male, seeking invisible lady, 50-60 plus who feel that men have seized to notice you. petite/slim-medium build up to 5ft 8ins tall. Tel No: 0906 500 3729 Box No: 411953

TALL black, single, childless male, seeks slim, size 4-8 female for fun and friendship. Tel No: 0906 500 3729 Box No: 411915

WILLIAM 67, young at heart, N/S, clean shaven, smart, easy going, likes days out, meals, walks, sport, seeks female who is fed up with being lonely for fun times. Tel No: 0906 500 3729 Box No: 412647

52YR old inexperienced male, seeks attractive, inexperienced older lady for fun times. Tel No: 0906 500 3729 Box No: 412605

GENUINE guy 59, seeks LTR, fun and friendship with similar female. Tel No: 0906 500 3729 Box No: 412561

EASY going male, 61, 5ft 9ins, medium build, seeks attractive, feminine female for LTR. Tel No: 0906 500 3729 Box No: 412609

JAMES young, free and single, please give me a call if interested. Tel No: 0906 500 3729 Box No: 412345

TOMMY 47, divorced, seeking long term serious relationship, no time wasters, kind, considerate, normal guy, seeking female, 33-45. Tel No: 0906 500 3729 Box No: 412401

Men seeking men

CHINESE male, 66, WLTM similar aged male, preferably Christian. Tel No: 0906 500 3729 Box No: 411277

GOOD looking bi guy, mid 50's, passive, slim, seeks assertive, bossy gay guy for friendship and fun. Tel No: 0906 500 3729 Box No: 409671

MALE 62, medium build, own home, seeks younger male for fun. Tel No: 0906 500 3729 Box No: 413251

BUSY professional bi male, slim, fit, easy going, seeks discreet, intelligent guy for coffee and more. Tel No: 0906 500 3729 Box No: 412269

Friends

LADY friendly, pleasant, straight, West London, seeking friend 45-65 for lunches, cinema, galleries and cruising. Tel No: 0906 500 3729 Box No: 413263

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Community

NEWHAM

£50,000 goes to key summer activities



THE East End Community Foundation has given more than £50,000 to children's summer activities through its Newham Giving fund.

The charity combined its own funds with donations from the Royal Docks Trust, Canary Wharf Group, BLP and Clifford Chance for nine community groups.

Among those that benefitted were Bonny Downs Community Association (£7,500), which will deliver sports and activities for 200 children and Community Links Trust (£5,000) for its healthy eating and cooking classes for children with special educational needs.

Stratford Circus Theatre Summer School was awarded £6,200 to run Create It, Perform it, Own it! which teaches performance techniques, sound and lighting design and stage management.

Grants were also given to the Renewal Programme, Becton Skills Centre, West Silvertown Foundation, Newham All Stars Sports Academy, Aston-Mansfield and the UCL Public Engagement Unit.

Tracey Walsh, chief executive of East End Community Foundation, said: "Thanks to the backing of our donors the launch of Newham Giving this year has been a real success."

"We are delighted to support these community groups, as our experience shows summer activities can significantly improve motivation at school and reduce anti-social behaviour."

NEWHAM

Police seek suspects as boy, 16, stabbed

A 16-YEAR-OLD boy was taken to hospital with serious injuries after he was stabbed in a Newham park.

Police, who had been called to reports of violence in Plaistow Park, Balaam Street, on Saturday afternoon, found the boy with a number of wounds.

Police are looking for two men believed to have been involved with the incident. No arrests have been made.

The first is described as a black boy aged about 16 to 18, about 5ft 8in tall, wearing a white T-shirt and grey jogging bottoms.

The second is described as a black male who was wearing a white T-shirt.



Guests enjoy a screening of classic film *Dirty Dancing*

FILM NIGHT

CHICK flick *Dirty Dancing* and a host of Wharfies glued to the screen for "that lift" – courtesy of Patrick Swayze and Jennifer Grey – raised £500 for charity last week.

The Wharf's cinema-style event at the Radisson Blu Edwardian New Providence Wharf saw the total secured for Tommy's.

A variety of raffle prizes were donated by Sweat, Henry's West India Quay and the Greenwich Hotel as well as an *Alice In Wonderland* themed afternoon tea at the host venue.

After being treated to prosecco courtesy of Rum and Sugar, guests chomped on burgers and hot dogs before enjoying the 1980s classic.

Head praises eager students

EDUCATION

Alternative teaching centre 'outstanding' according to Ofsted

Beth Allcock
@wharf.co.uk

THE executive headteacher of a South Quay training centre – the only one of its kind in the country – has heaped praise on his teenage students after it gained an Outstanding Ofsted rating.

City Gateway 14-19 Provision in Mastmaker Road achieved the accolade in its first inspection by the watchdog since opening in September 2012.

The centre provides alternative education for disengaged and disadvantaged youngsters, many of whom are not in education, employment or training and offers a vocational curriculum.

Eddie Stride, executive headteacher and CEO of City Gateway, the charity behind the facility, said the rating was testament to the "dedication and hard work" by pupils.

He said: "City Gateway 14-19 Provision works to bring hope to some of the most disengaged young people in east London and beyond, but just



City Gateway is helped by volunteers from Canary Wharf firms

because they are disengaged doesn't mean they don't have aspirations.

"We're here to help raise aspirations and then help our young people realise them, and progress through an alternative education and into employment."

Examiners flagged City Gateway's strong links with corporate volunteers from Canary Wharf and the City as having a positive impact on students.

As well as a thumbs-up for the "exceptional work placements", the aspiration and ambition of staff

was seen by Ofsted as integral in supporting the teenagers' progress.

During the school's first year, it attracted 479 pupils for its 14-19 provision, with 96 per cent progressing to further education, employment or training from a Key Stage Four level.

Overall, 84% of those completing one of the programmes secured an apprenticeship, employment or stayed in studies.

Mr Stride said: "There is still so much more to do to ensure more young people have the chance to succeed."



Children from Eclipse Youth Theatre with a cheque to fund Speech Bubbles

SPEECH DAY

SPEECH, listening and attention skills will be finely tuned through drama at a number of Tower Hamlets schools from September.

The Speech Bubbles programme run by Limehouse's Half Moon Theatre received backing from The Ironmongers' Company and St James's Place Foundation.

The workshops will be focussed at five- to seven-year-olds.

Mark Longbottom, head of the St James's Place Foundation said: "We recognise Half Moon's ability to use theatre to help make positive and lasting difference to young lives."

Schools that are participating so far include Mayflower, John Scurr, St Peter's London Docks, Bonner and St Matthias.

NEWHAM

Snapper jumps for joy over mag shoot



AN east Londoner with an eye for an image has seen his work featured in the *British Journal Of Photography*.

The creations of Tomas Januska, BA student in photography at the University of East London (UEL), grace the pages of the magazine's special July edition shining the spotlight on new talent.

The theme of Tomas' featured collection was cohesion. He captured ballet dancers and members of the public mid-jump and explored the psychological aspects of someone mid-movement.

"I wanted my final piece to capture a sense of movement, life and freedom," he said.

"People are moving less and less, so I wanted to show people what they are missing out on."



CANARY WHARF

Guests have a ball at charity gathering

FANCY frocks and glam accessories filled The Hilton London Canary Wharf for a charity extravaganza.

The glitzy Masquerade Ball was organised to support Becton-based Richard House Children's Hospice and the Hilton in the Community Foundation.

More than 100 guests gathered for the shindig and helped to raise an estimated £20,000.

Viv Talbot, community fundraising manager at Richard House, said: "It was a fantastic evening."

BRIEFLY

■ Police are seeking witnesses after a 19-year-old woman was raped in a street attack in Plumstead early on Sunday morning, July 13.

■ St Paul's church, in Bow Common, has received a £32,800 Heritage Lottery grant to help make its lantern roof waterproof.

■ Tower Hamlets Council's school meals catering team has been named Catering Business of the Year at the Lead Association for Education Catering awards for a second time.

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CAKE STALL

Curator of Royal Collection Trust Anna Reynolds adjusts a four-tier Christening cake replicating the one made for Queen Victoria's eighth child Prince Leopold in 1853, at Buckingham Palace. The exhibition *Royal Childhood* features toys, gifts, and small outfits from more than 250 years of the royal family.

NEIL HALL



SUNNY DELIGHT

A woman sits on a deckchair in Hyde Park on Sunday

LUKE MACGREGOR



CALL FOR PEACE

Demonstrators protest outside the Israeli Embassy in London on Saturday. Israel accepted a UN request for a 24-hour ceasefire until the end of Sunday this week, although it said its ground forces would continue to destroy tunnels used by Hamas during the pause. It enabled Gaza residents to gather supplies and retrieve bodies buried under the rubble.



NEIL HALL



THONG DISTANCE RUNNERS

Participants warm up before The Sumo Run in Battersea Park on Sunday. The runners, wearing inflatable costumes, take part in the 5k run with the aim of raising money to help educate children in Africa.

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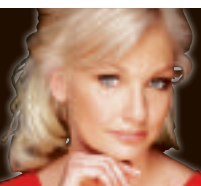
Take 5

Keep your brain ticking over with our selection of coffee break puzzles



Stars

With Claire Petulengro



AQUARIUS

JAN 21-FEB 19

For more call 0905 817 2070

A clash of personalities is causing a problem in your career. Show you can be the bigger person. It's what will get you the respect you've been after.

PISCES

FEB 20-MAR 20

For more call 0905 817 2071

You have so much going for you in your life but a lack of energy is standing in the way of your success. Plan a week that has your wellbeing at its centre.

ARIES

MAR 21-APR 21

For more call 0905 817 2060

Try not to cancel arrangements, but stick to your plans. You'll find yourself enjoying yourself if you do. A strain is lifted from a family situation.

TAURUS

APR 22-MAY 21

For more call 0905 817 2061

The temptation will be strong today to take on more responsibilities. Careful what you agree to, as you may regret any restrictions you adopt.

GEMINI

MAY 22-JUNE 21

For more call 0905 817 2062

Someone you thought was going to let you down or disappoint you does the opposite and you start to feel more faith in what they can offer to your life.

CANCER

JUNE 22-JULY 23

For more call 0905 817 2063

Stop trying to take on everything on your own. You must not be afraid to accept the help that is being offered or close ones will think you rude.

LEO

JULY 23-AUG 23

For more call 0905 817 2064

You may find it hard to agree on delicate issues with your family today, so you would be better to leave confrontation until the stars have improved.

VIRGO

AUG 23-SEPT 23

For more call 0905 817 2065

You start to see other's points of view. Don't back out of plans this week but stick to them. Someone has gone surprisingly out of their way in your honour.

LIBRA

SEPT 24-OCT 23

For more call 0905 817 2066

Try to show as professional a face as you can in business. Important people will be crossing your path who can help you take things up to the next level.

SCORPIO

OCT 24-NOV 21

For more call 0905 817 2067

A problem in the home is presented with new options. There is nothing you can't achieve if you put your mind to it this week. Go easy on Sagittarians.

SAGITTARIUS

NOV 22-DEC 22

For more call 0905 817 2068

The time has come where your life is changing and although this is exciting, it also makes you feel nervous. You've been under a lot of stress lately.

CAPRICORN

DEC 23-JAN 20

For more call 0905 817 2069

Either your words or behaviour require you to do some apologising. Don't let pride stop you from saying what needs to be said Capricorn.

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Dinner and a Movie



★ Fancy winning dinner and a movie for you and a friend? We've teamed up with West India Quay's Via and Cineworld West India Quay to offer two burgers, two bottles of Budweiser (or a bottle of wine) and a pair of tickets to the cinema.

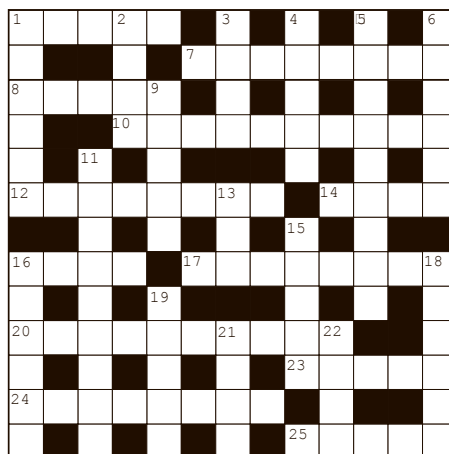
To be in with a chance of

winning, just tell us the name of this actor who stars as Jack in Blackwood, a very British ghost story with a twist.

Email your answer to newsdesk@wharf.co.uk with "Movie Night" in the subject line. The closing date is August 8. Include your name and address.



Crossword



ACROSS

1. Vigorous enjoyment (5)
7. Marsupial (8)
8. Be worthy of (5)
10. Agreed suspension of activity (10)
12. Point out (8)
14. Water jug (4)
16. Musical pitch indicator (4)
17. Sanction (8)
20. Lacking thoughtfulness (10)
23. Unspoken (5)
24. Encircle (8)
25. At no time (5)

DOWN

1. Star sign (6)
2. Light haircut (4)
3. Molten volcanic rock (4)
4. Eskimo dwelling (5)
5. Sudden bright idea (9)
6. Erstwhile (6)
9. Flashlight (5)
11. Bold exploit (9)
13. Faucet (3)
15. Pig sound (5)
16. Holiday at sea (6)
18. Missive (6)
19. Fulcrum (5)
21. Sort, type (4)
22. Stare fixedly (4)

ACROSS: 1. Gemini; 7. Kangaroo; 8. Merit; 10. Moratorium; 12. Indicate; 14. Ewer; 16. Cleft; 17. Approval; 20. Unthinking; 23. Tact; 24. Surround; 25. Never. DOWN: 1. Gemini; 2. Trim; 3. Lava; 4. Igloo; 5. Brainwave; 6. Former; 9. Torch; 11. Adventure; 13. Tap; 15. Grunt; 16. Cruise; 18. Letter; 19. Photo; 21. Kind; 22. Gaze.

Sudoku

EASY

9				2				4
4	7	3	5			1	2	9
	2	6	9	4	3	5		
	8		3	5	4	7		
	4	1	2		9		5	6
5	9	7	8		1	2	4	
8	6	4	7	9	5			2
		9			8	4		5
7	1	5	4	3				8

HARD

	7	9						4
3	2	4				6		
					5	3		
			9	8	4			
			1				9	8
6					2			
		2		7		8		
	3				9	4		
	1			5				6

GUIDE

In order to complete Sudoku, readers should fill in each of the grids so that every column, row and 3x3 box within the squares to the left contains the digits 1 to 9. No repetition of digits is allowed within any of the sequences. Why not time yourself and see whether you can beat your best with next week's puzzles?

The Wharf's Sudoku puzzles are supplied by sudoku-puzzles.net
For more free brainteasers including Futoshiki, Nonogram and Samurai, go to the website

TERMS AND CONDITIONS: Astrology calls cost 75p per minute and last approx 4mins. Psychic calls cost £1.50 per minute from BT landlines (other networks may vary). Calls from mobiles may be higher. Psychic lines are open 7am-2am daily. Callers must be 18 or over and have the bill payer's permission. All calls are recorded. Texts cost £1.50 per message and may take two messages. For entertainment purposes only. Customer services 0800 140 9049. PhonePayPlus regulated. SP, Pronto Media, PO Box 199, Selby, YO8 1BP

Sport

WEEKEND FLUTTER

WITH THE RACING POST



GOODWOOD

■ We're all about Glorious Goodwood this week and while much of the festival has already taken place, there's still time to get your money on the right horse.

My first tip is Thursday runner **Ivawood**. He's only two but he already looks like a four-year-old and he'll outclass the opposition wherever he goes – you won't get rich backing him though.

■ In which case you may want to save your money for Friday's Betfred Mile.

Velox, pictured, is a fantastic-looking horse who turned a valuable Sandown handicap into a procession at the beginning of this month.

After just eight runs, the first coming only 14 months ago, he is likely to have plenty more improvement to come.

Paul Kealy

For daily expert advice, top tips and the latest news from our experts go to racingpost.com

the Wharf LEAGUE

RESULTS

DIVISION ONE

Abou	3
Manny Moyoinmi	11
Camden Pathway	12
Context Penetrators	9
Sub Standard Liege	10
Fire Breathing Kittens ●	11
Efan Ekoku's Elite	4
Athletic Pasty	18
Salmon FC	11
Reggae Allstars	9

DIVISION TWO

Real Moro	10
PSD	13
Not So Athletic	8
Newport Dodgers	7
Canary Wolves ●	13
FC Poor Toe	7
Smack My Pitch Up	10
FC Hangover	9
X208	0
Bayer Neverlusen	10

Last games on July 23.
● = Current league leaders.
The Wharf League is played at Powerleague in Crossharbour.
Go to powerleague.co.uk.

GETTY



Greenwich weightlifter Zoe Smith smiles as she secures gold at the Commonwealth Games

Pride of London take their place on podium

COMMONWEALTH GAMES

Athletes bring home the goods in track, martial arts and weightlifting

Rob Virtue
@wharf.co.uk

Sprinter Adam Gemili secured his first major senior medal with a silver at the Commonwealth Games on Monday night. The 20-year-old student at the University of East London came in just behind Jamaica's Kemar Bailey-Cole in the final.

The Brit, who was representing England in the race, was the pride of the Newham-based university after his success in Glasgow as it took to Twitter



Gemma Gibbons fends off a lunge on her way to a silver medal

to praise the rising star. Afterwards the footballer-turned-runner said: "My first time representing England - I'm so happy. That's something I'm never going to forget in my life."

"It's not about times, it's about

position. The times will eventually come. This is just a stepping-stone for the European Championships and then the Olympics in Rio."

He followed weightlifter Zoe Smith's success at the weekend. The 20-year-old from Greenwich won the women's 58kg title on Saturday, lifting 118kg.

"I have done 118kg before," she said. "I knew I could do it, but doing it on the day is a completely different situation altogether."

Meanwhile, Gemma Gibbons, also from Greenwich, had to settle for silver in Glasgow. The 27-year-old lost out to Natalie Powell in their judo final.

Newham Council employee Chioma Matthews reached 13m to finish 8th in the triple jump.

The 33-year-old east Londoner, who said she had been surprised to be called up for England, missed out on adding to the 2006 Commonwealth bronze she won for netball.

Top level coaches head to Wapping

A PAIR of England and Team GB internationals have joined Wapping Hockey Club's coaching staff.

Susannah Townsend and Andy Bull have been recruited in a bid to continue the growing success of the club. Chairman Stuart Burnside said he hoped Susannah would help the Ladies' 1s and Men's 1s into the National League and eventually the European competition.

He said: "We're delighted to be adding one of the most hard working midfielders in the world, whose powerful performances match up closely with what we're trying to bring to the game. Hot on the heels of the Ladies' 1s are the Ladies' 2s in div 2SE who we expect to be challenging for promotion this year, and the Ladies' 3s and 4s both playing in the Essex Premiership."

The ladies aren't the only successful ones, as Stuart

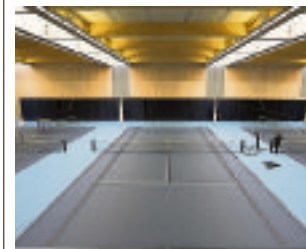


said there had been an influx of talent into the club generally, with the Men's 2s, 3s and 4s all looking increasingly strong in div 2 and 3SE.

Stuart said: "Andy has experience of playing at the very highest level and will provide coaching support to a large and competitive playing squad."

Susannah Townsend, left, in action for England in Glasgow; The Wharf went to press before her team played Scotland

Venue dedicates its Wednesdays to girls



Enjoy the Olympic tennis facilities

TENNIS Female-only tennis sessions are now available at the Lee Valley Hockey And Tennis Centre.

Women's Wednesdays will feature coach-led weekly classes for all ages until September 3.

On the day, lessons for adult women take place from 10am-12pm with free coffee available. Then, from 5-6pm, there will be an introduction to tennis for 10 to 13-year-old girls.

From 6-7pm, it's the turn of the 14 to 18-year-olds and from 7-8pm there will be cardio tennis for girls aged over 16. All sessions cost £4.

Nick Boothroyd from the centre said: "This is a great opportunity to emulate tennis stars and try out the courts at the London 2012 legacy venue, which are the same top standard as those used for the US Open."

Mixed sessions are also available at various times.
Go to visitleevalley.org.uk or call 08456 770 604.

Double celebration for south east team

CRICKET Blackheath beat Bromley by seven wickets in the Kent Premier League on Saturday.

Slow left-arm James Hands finished with four for 36 for Blackheath leaving them a target of 210.

An unbroken fourth wicket partnership of 64 between Tanweer Sikander and Calum Haggett saw them home.

The club also made it through to the semi-finals of the Conference Cup after beating Bexley on Sunday.

Entertain the kids with a BMX session



Head to Lee Valley to pay and ride

CYCLING Children can beat boredom this summer at the Queen Elizabeth Olympic Park with BMX sessions.

The Lee Valley VeloPark is offering holiday clubs, taster sessions and pay and ride in BMX, mountain biking or road.

Go to visitleevalley.org.uk.